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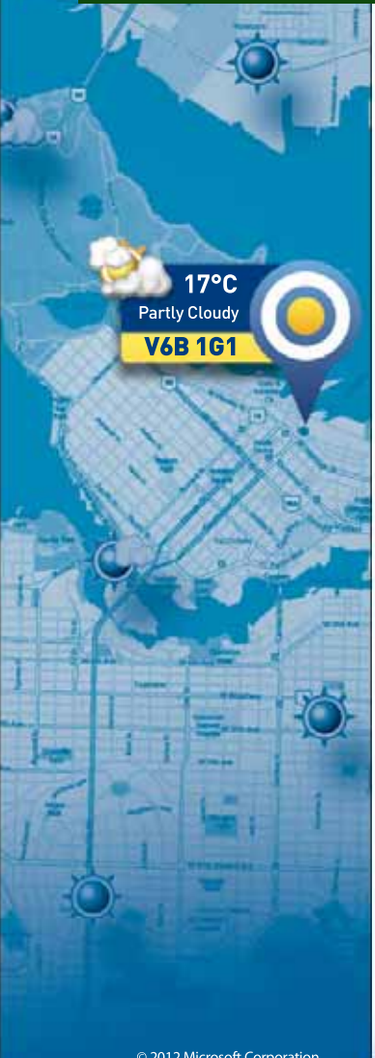

Crash nets suspected bank robber

Fateful collision. Two men driving a rental U-haul unknowingly get in the way of alleged bank-heist bandits

MATT KIELTYKA
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Employees of a Burnaby business are still buzzing after two of their own unexpectedly put an end to a suspected bank robbery getaway Monday morning.

The employees were driving a U-haul full of scrap metal at Boundary Road and Pender Street when they were struck by another vehicle.

"They hit the truck and then they just run off," recalled witness Marco, a co-worker who was just a block away from the incident. "A coworker (in the truck) sees the guys running and jumping over fences, so he chases and kicks one of the guys in the leg."

Marco, who only wanted to be identified by his first name, said a brawl between one of the fleeing suspects and two of his coworkers ensued.

The scuffle eventually ended when a co-worker put the man in a headlock until police arrived.

But this was not just a case of stopping a suspect in a hit-and-run.

According to Burnaby RCMP, the two men were suspects in an armed bank robbery minutes before at Willingdon and Lougheed Highway.

"A lone suspect produced a firearm and demanded money.

"We soon learned that he had fled to a waiting stolen vehicle," said Burnaby RCMP spokesperson Cpl. Rick Skolrood. "We engaged in a short pursuit of the vehicle but lost sight."

The same suspects, according to police, crashed into the truck at Boundary and Pender.

Marco said he and his coworkers were blown away when they learned the full scope of the incident.

"It's something you see in the movies," he said. "They didn't know they were bank robbers. I still can't believe this.... Nice way to start the Monday."

One of the suspects remains at large, and the firearm used during the robbery has yet to be located.

FIGHTING FIRE

PAGE 6

A helicopter drops water on a wildfire in Peachland on Monday. One millimetre of rain and calmer winds overnight brought a small amount of relief to fire crews and about 1,500 residents who were quickly evacuated from their homes Sunday in the face of a raging wildfire in Peachland. DARRYL DYCK/THE CANADIAN PRESS

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IIO launches new era of police accountability

Oversight body.
Civilian director says investigations office expects to deal with about 100 cases a year

MATT KIELTYKA
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Chief civilian director Richard Rosenthal officially opens the Independent Investigations Office in Surrey Monday. The IIO will be responsible for looking into incidents involving police that result in death or serious injury. MATT KIELTYKA/METRO

Richard Rosenthal stood in front of media in Surrey on Monday and whipped out his BlackBerry for all to see.

"I've had nine months where I've not had to have it on in the middle of the night," he said. "Last night, I turned it back on. We are on call. The people (here) are ready to go out and do what needs to be done."

Just like that, Rosenthal officially opened British Columbia's first-ever civilian-led police oversight body and ushered in a new era of police accountability.

The Independent Investigations Office (IIO) is here and ready for business.

As chief civilian director, Richard Rosenthal will lead four investigation teams — split almost 50/50 right now between civilian investigators and former police officers — that will investigate police incidents resulting in death or serious injury.

It will be up to him to recommend criminal charges against police officers — instead of police themselves — when appropriate and Rosenthal promised not to hold back.

"Richard has assured me that he will make tough decisions and he will be very public about those matters," said Minister of Justice and Attorney General Shirley Bond.

"Richard will be reporting out publicly about whether or not a police officer will be potentially charged or not. I think that in and of itself will increase public confidence."

Rosenthal said police expertise in the form of ex-officers are needed to get the IIO operational but he wants to slowly increase the proportion of civilians conducting investigations.

Even then, he argues the IIO has the most civilian involvement of any independent investigation unit in Canada.

The office expects to deal with about 100 cases a year, but Rosenthal said there's no way to tell how many incidents they'll have to investigate.

He also agreed with the government's insistence to restrict the IIO to just police-related death and serious injury at this time, instead of including other incidents where police may face criminal charges.

"We have to learn to walk before we can run," he said.

Follow Matt Kieltyka on Twitter @Mkieltyka

Quoted

"Richard has assured me that he will make tough decisions and he will be very public about those matters."

Minister of Justice and Attorney General Shirley Bond

'Free baby' ad sends Victoria police scrambling

Victoria police are desperately trying to track down the poster of a UsedVictoria.com classified ad offering up a baby "free to a good home."

VicPD spokesperson Const. Mike Russell said the force was notified about the post at 10:30 a.m. Monday and an investigation was immediately launched.

While investigators believe the post may be a hoax, they aren't taken any chances.

"Our No. 1 priority is the safety of our children," said Russell. "Even if we have word that it might be a hoax, we can't not investigate it. We're trying to learn if there is potentially a child at risk."

Russell says the post has been taken off UsedVictoria.com at the request of police.

The IP address of the poster doesn't originate on Vancouver Island, and Victoria police are working with other agencies to track down the person responsible for the classified ad.

Anyone with information is asked to contact Victoria police. MATT KIELTYKA/METRO

Quoted

"Even if we have word that it might be a hoax, we can't not investigate it. We're trying to learn if there is potentially a child at risk."

Const. Mike Russell, Victoria police spokesman

1 NEWS

Mobile news

Brave (or perhaps silly) tourists fearlessly tease tigers up close at a Thailand sanctuary. Scan the code to watch the video.

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Invest carbon tax into green schemes: Mayor

Advice. Mayor Gregor Robertson would like to see tax cuts phased out 'in a sensible way'

KATE WEBB
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Vancouver's ever-eco-conscious Mayor Gregor Robertson has waded into the debate on B.C.'s carbon tax, urging the province to not only keep it, but to start directing revenues to municipalities for emission-reducing initiatives such as transit.

The carbon tax is currently revenue-neutral and applies to businesses and individuals.

Every dollar collected is returned to taxpayers through reductions in other taxes, including credits for low-income households, business-tax cuts, and benefits for northern and rural homeowners.

In a letter submitted late last month as part of B.C.'s carbon-tax-review consultations, Robertson urged the government to instead use the money generated for climate-friendly expenditures such as transit, renewable district energy and building efficiency retrofits.

"The B.C. government should create a transition of using the funds regionally to invest in things like transit, and phase out those tax cuts over time in a sensible way," Robertson said Monday.

Jordan Bateman, director of the B.C. branch of the Canadian Taxpayers Federation, wants to see the tax, the only one of its kind in North America, wiped out entirely.

Robertson "wants to raise taxes for transit — period — and (that's) already pretty grossly unfair to the South Fraser, if we're talking in a Lower Mainland context," Bateman said.

Simon Fraser University environmental economics professor Marc Jaccard, who advised the Liberal government while the tax was being formulated, said he doesn't care whether it remains revenue-neutral or not, as long as it stays in place.

He pointed to two studies, one released by the University of Ottawa in June and another still in the draft phase, that concluded the tax is having its intended effect on fossil-fuel consumption.

The first study found that B.C.'s petroleum-fuel consumption per person dropped by 15.1 per cent from 2008 to 2011, when it only dropped by 1.3 per cent in the rest of the country.

Consumption

15.1%

A University of Ottawa study found that B.C.'s petroleum-fuel consumption per person dropped by 15.1 per cent from 2008 to 2011. It only dropped by 1.3 per cent in the rest of the country during the same period.

Muslim breaks silence on his Sept. 11 birthday

Mohammed Kashif Pasta, who is Muslim, celebrates his birthday on Sept. 11. HANDOUT/DEEP ROGUE RAM

On a date synonymous with tragedy and sorrow, Surrey resident and Muslim Mohammed Kashif Pasta does his best each Sept. 11 to celebrate his birthday.

In a skit posted on YouTube Monday, the amateur standup comedian, student and filmmaker does a mock news segment in which he urges people to have a sense of humour about it and "carpe the diems."

He told Metro the two-and-a-half-minute bit is a response to the awkward silence that usually follows when someone finds out about his annual run-in with the solemn anniversary.

"Growing up Muslim, I've encountered a lot of what we call Islamophobia, and just a lot of negative stereotypes, usually created through perceptions formed in the media," Pasta said.

"People are convinced that they have to react to a perception that's out there, and that's not necessarily the case.... I'm more concerned with cupcakes than the awkwardness."

The take-home message of the clip: Be yourself and don't worry about how you're perceived.

To watch the video, search "9-11 birthday" at metronews.ca. **KATE WEBB/METRO**

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UBC. Author Elie Wiesel given honorary degree

A Nobel laureate, who penned a personal and horrifying account of the holocaust that has sold millions of copies worldwide, was awarded an honorary degree at the University of B.C. on Monday.

Elie Wiesel, who in the mid-1950s wrote the powerful memoir Night, which recounts his family's deportation and deaths in German concentration camps, was awarded the degree during a ceremony at the Vancouver campus.

Prof. Elie Wiesel COURTESY OF UBC

"In his quest for truth and justice, Prof. Wiesel inspires the world to a higher moral vision," said UBC president Stephen Toope in a statement. "He bears witness for the defenceless and brings a message of hope."

Wiesel, a professor at Boston University and human-rights activist, was awarded the Nobel Peace Prize in 1986 for his work on behalf of oppressed people around the world. METRO

Duncan

Suspect acting like a 'zombie': Officer

The trial of a Mountie who shot an unarmed suspect during a traffic stop is hearing the officer's account of his actions. RCMP Const. David Pompeo said he fired his weapon because the suspect wasn't following his commands. THE CANADIAN PRESS

Vernon

Amber alert ends safely

An Amber Alert issued in Vernon Sunday night came to a safe conclusion in Delta Monday. Breeze Borden, 15, was found unharmed at a home in Delta; her 37-year-old father, Shane Phalen, was arrested.

THE CANADIAN PRESS

Evacuation order lifted for residents hit by wildfire

Peachland. One of the houses consumed was the site of Canada's first commercially released icewine

A helicopter turns around to pick up more water after dropping a load on a wildfire as rain clouds move into the area in Peachland on Monday. DARRYL DYCK/THE CANADIAN PRESS

Tilman Hainle lost his boyhood home in the vicious wildfire that swept down a mountainside near this lakeside Okanagan community Sunday, but Canada lost a piece of history.

The house where Hainle grew up sat abandoned on a former vineyard Hainle had worked for 40 years, the result of a decision to sell the property to a developer last May.

It was also the property where Canada's first commercially released icewine was created in 1978. Hainle was a teenager when he and his father collaborated on the first of what would become the signature Canadian product.

"It certainly has a lot of significance — not just in terms of our history but it's a significant piece of Canadian wine history as well," Hainle said Monday, hours after officials confirmed the house and three other homes were destroyed by the blaze.

By suppertime Monday, weather and fire conditions had altered enough for emergency officials to partially lift an evacuation order so 1,134 residents could head home.

"Now, after a day of fighting and fairly decent weather, and not near the smoke conditions or the wind of last night, fire officials felt it was safe to allow these people to go back home," said Kirsten Jones, a public information officer with the local emergency operation's centre.

Jones said she had no idea when the remaining 416 residents still under an evacuation order would be allowed to return home.

Emergency officials announced Monday night that the fire was 75 per cent contained and about 200 hectares in size.

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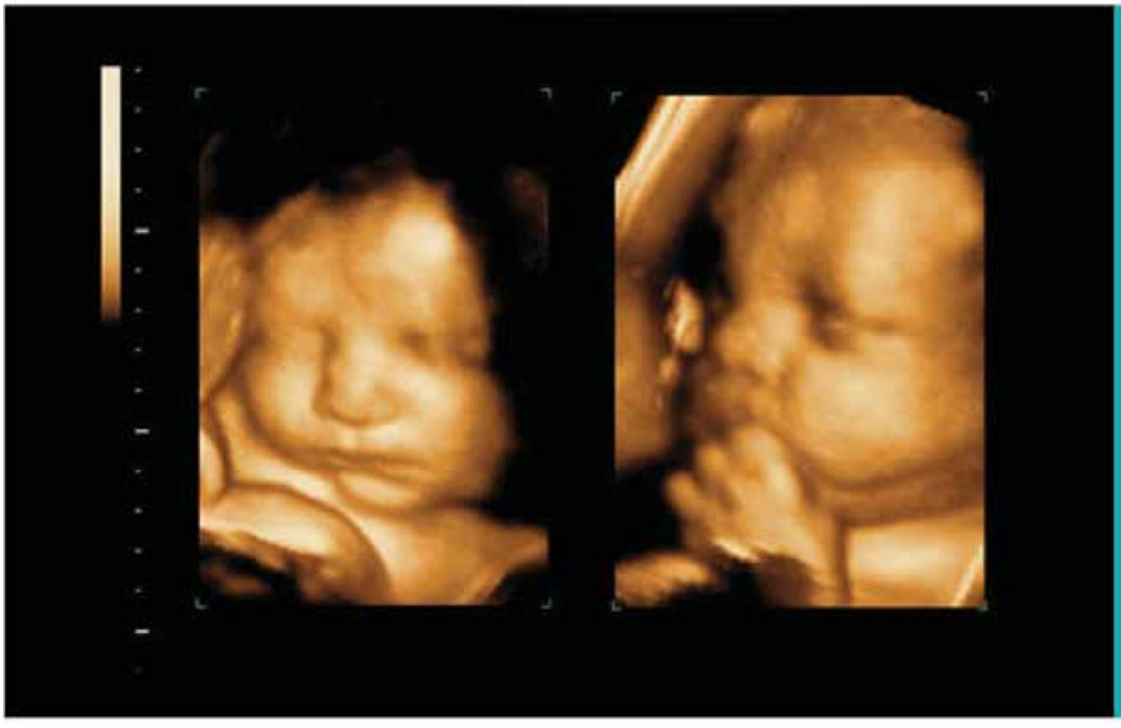

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Paralympians welcomed home

YVR. Canadian athletes captured 31 medals in London

PHYLICIA TORREVILLAS
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Though a much smaller crowd came to cheer on Canada's Paralympians as they arrived in Vancouver Monday, the athletes and their families were still beaming with pride.

Para-equestrian athlete Ashley Gowanlock was greeted by four friends, who cheered loudly as she appeared at Vancouver International Airport.

"A handful is just what you need to have a little more fire and light to get you going," Gowanlock said of the B.C. athletes' welcoming party.

Boccia bronze medallist Josh Vander Vies, who was born without legs and with only partial arms, says the massive media coverage in London has raised the Paralympics' profile in the eyes of the public.

"It's growing more and more," the UBC law student said. "The Paralympics is a brand that's standing on its own now. It's no longer the little sister of the Olympics. Fans are getting excited and so are nations."

Canada finished with 31 medals — seven gold, 15 silver and nine bronze. It ranked 20th in gold medals and 13th in overall medals.

Catherine Dawn, who came to support her friend's son, wheelchair racer Nathan Dewitt of Surrey, says Paralympians deserve more recognition and public support because they are amazing athletes, often with inspiring stories.

Dawn says she is very proud of Dewitt's performance at his first Paralympics.

"All of us were so excited but his mom Linda — she was just beside herself," she said. "You would just talk about Nathan being in the Paralympics and her eyes would just well up.

"When (he and his twin brother were) born, Nathan was diagnosed with cerebral palsy and he had many severe complications. Doctors didn't think he was going to make it, let alone be able to walk. He's 21 and he's had 19 surgeries. He made it to the Paralympics and placed eighth overall in the world. He did fantastic."

Para-equestrian athlete Ashley Gowanlock, right, is greeted by her friend Deborah Thiessen on Monday as she arrives at Vancouver International Airport after competing at the 2012 Paralympic Games in London. PHYLICIA TORREVILLAS/METRO

New parkour gym offering free classes this week

Origins Parkour gym member Daniel Usher makes a precision jump on opening day Monday. KATE WEBB/METRO

High above a bingo hall on Main Street, a gym with components befitting a game of Tetris is teaching devotees of the French sport known as parkour how to swing from rooftops.

Owner and head coach Rene Scavington got his start in the art, which entails running, climbing, vaulting and leaping through public spaces, after watching a group called the Yamakasi on Ripley's Believe It or Not in 2003.

Two years later he founded Parkour B.C. (PKBC), a group he says today boasts roughly 200 members, most in Vancouver and the Lower Mainland.

After four years of planning he finally opened Origins Parkour and Athletic Facility on Monday, and it is holding free classes all this week.

"I love parkour because it's a really human thing to do," Scavington told Metro.

"You're playing with your surroundings, you're playing with other people, there's a lot of camaraderie in it."

Gym member Daniel Usher, 23, has only been a member of PKBC for a year, but he says he is stoked about the new indoor facility because it's a place where enthusiasts can go to strength-train for the outdoors.

"It's a really inexpensive sport, that's the main thing about it," Usher said. "You go outside, you're interacting with the environment and it builds really good strength just compared to straight weightlifting, and it's a really social atmosphere as well with PKBC."

Regular classes range from $12 to $25 depending on whether you drop in or buy a membership. There are also classes geared specifically to teens and women.

Anyone who wants to join free classes this week at 2655 Main St. is encouraged to register online at originsparkour.com. KATE WEBB/METRO

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Feds plan to revoke resident status of application cheats

Immigration fraud. Minister looking to introduce amendments to the Citizenship Act as part of multi-year crackdown

The federal government reprised a familiar get-tough message for immigration cheats Monday, promising to revoke the status of more than 3,100 people it says abused the system in order to claim Canadian citizenship.

Several thousand more are being investigated to determine if they obtained or are maintaining their permanent residence fraudulently, said Immigration Minister Jason Kenney, who was forced to admit only a handful of people have been dealt with so far.

There are 3,139 Canadian citizens currently under investigation for residence fraud, but so far only 19 of them have had their citizenship revoked. That's because the process — part of a long-term crackdown — takes several years, Kenney said.

Letters have been sent to 530 people informing them of the government's intention to revoke their citizenship, he added.

"Canadian citizenship is not for sale," the minister told a news conference.

"We will continue to take strong measures to combat the industry of crooked immigration agents here and abroad who seek to devalue Canadian citizenship by creating fake proof of residency and committing other forms of fraud."

Toronto lawyer Lorne Waldman dismissed Kenney's announcement as old information being warmed over for political purposes.

"It's important that we take measures to eliminate fraud; no one disputes that," Waldman said. "But why is it that we have to continually send out this message?"

"The unfortunate consequence of this repetition of negative messaging is that it ... will erode public confidence in the immigration system."

Kenney says he is planning to introduce amendments to the Citizenship Act that would require immigration consultants to be members of a regulatory body, which he says may help crack down on crooked agents.

Citizenship and Immigration Canada says a total of nearly 11,000 people have been potentially implicated in lying to apply for citizenship or maintain permanent-residence status.

THE CANADIAN PRESS

Bottom line

"Canadian citizenship is not for sale."

Minister of Immigration and Citizenship Jason Kenney

Minister of Immigration and Citizenship Jason Kenney speaks at the National Press Theatre in Ottawa on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

IAEA demands Iran's co-operation in investigation

Iranian-Canadians rally outside the Department of Foreign Affairs in Ottawa on Monday to support the Canadian government's decision to expel Iranian diplomats from Canada. SEAN KILPATRICK/THE CANADIAN PRESS

The head of the UN nuclear agency made an unusually strong demand Monday for Iran to co-operate with an investigation into suspected secret work on nuclear weapons, expressing his frustration with the lack of headway in the probe.

Yukiya Amano also warned that months of delays were hurting attempts by his International Atomic Energy Agency to look into concerns at one particular site — the Parchin military complex southeast of Tehran, where the IAEA thinks Iran may have experimented with blast tests used to set off a nuclear charge.

"We need to stop going around in circles," Amano said of months of fruitless IAEA-Iran talks aimed at gaining access to the Parchin site and making inroads into agency probes of other alleged nuclear arms experiments. "This is frustrating."

Asked why there was no progress on the Parchin probe, Amano told reporters: "You'd better ask Iran."

Iran denies any interest in nuclear arms. It dismisses Western accusations that it is enriching uranium to be able to make the fissile core of nuclear arms, saying the process is meant only to produce reactor fuel. And it rejects allegations that it experimented with components of a nuclear weapons program and denied IAEA experts access to sites, documents and officials linked to the work.

Tensions are growing as time drags on, with Israeli officials using the lack of progress in both IAEA and international diplomatic efforts to engage Iran in their argument that there is a need to bomb Iran's nuclear installations.

THE ASSOCIATED PRESS

Cutting ties

Canada shut its embassy in Tehran on Friday, severing diplomatic relations.

- An Iranian news agency says Iran expects more countries to follow Canada's example and close their embassies in Tehran.
- Iran called the decision "hasty and unwise" and said it would react in the near future.

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Indian police escort political cartoonist Aseem Trivedi to a court in Mumbai Monday. Trivedi, whose drawings mock Indian government corruption, has been jailed on a sedition charge. RAFIQ MAQBOOL/THE ASSOCIATED PRESS

Politicians not amused by cartoonist's drawing

Sedition. Defiant Trivedi charged under colonial-era law once used against Gandhi

A political cartoonist whose drawings mock Indian government corruption has been jailed in a sedition investigation that was widely condemned Monday as evidence of political leaders' growing intolerance of criticism.

A defiant Aseem Trivedi refused bail at a hearing Monday in Mumbai, saying he would remain in jail until the sedition charges against him were lifted. The court extended his stay in police custody from one week to two.

He was arrested Sunday after a political activist complained Trivedi's cartoons were "insulting" to the country. Trivedi's cartoons lampooning widespread corruption among Indian politicians were displayed at a Mumbai protest in December.

The complaint to police cited one of those drawings that showed the four lions that form India's national symbol replaced by four wolves and the national slogan "truth shall prevail" replaced by "corruption shall prevail."

THE ASSOCIATED PRESS

Mali. Al-Qaida affiliated Islamists cut off hands, feet of five accused bandits

Islamic police said they used a stage in a public square to amputate the right hand and left foot of five accused thieves in a city of Mali on Monday, in the latest application of Sharia law in the country's north.

That region of Mali, an area the size of France, was overrun by rebels allied with al-Qaida five months ago.

Despite an international outcry and protests from locals, the Islamists have stoned to death an adulterous couple, cut off the hand of another thief and publicly whipped people accused of other transgressions.

Monday's amputations occurred in the northern city of Gao, said Aliou Hamahar Toure, its Islamic police commissioner. The five were then transferred to the Gao hospital, Toure said. He said the five victims had held up passenger buses leaving the city.

THE ASSOCIATED PRESS

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Officials fail to stop Pussy Riot benefit concert

Russian activists. About 1,000 fans gather to support jailed trio; four detained for alleged jaywalking offences

Artist Margo Trushina photographs a fellow Pussy Riot supporter at a benefit concert in Russia Monday. MICHAEL SOHN/THE ASSOCIATED PRESS

A music festival to support jailed members of the Russian band Pussy Riot went forward despite official pressure to cancel it, organizers said Monday.

Olga Kurnosova said city officials had tried to force her to stop Sunday's show in St. Petersburg — President Vladimir Putin's hometown — and firefighters had threatened to close down the Glavklub hall, claiming safety violations ahead of the concert.

About 1,000 people attended the "Free Pussy Riot Fest" headlined by the Russian rock protest bands DDT and Televizor, whose songs have long riled Soviet authorities and Putin's Kremlin.

Last month three members of Pussy Riot were sentenced to two years in jail for a "punk prayer" against Putin in Russia's largest cathedral in a trial that provoked an international outcry.

Several younger rock bands and rappers voiced their support for Pussy Riot from the stage Sunday, and some spectators were wearing balaclavas — the feminist band's trademark head wear.

THE ASSOCIATED PRESS

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Politics not welcome at Sept. 11 ceremony

Victims' families to speak instead. Rule intended to prevent campaigning during critical election year

For the first time, elected officials won't speak at Tuesday's ceremony commemorating the Sept. 11 attacks — an occasion that has allowed them a solemn turn in the spotlight. The change was made in the name of sidelining politics, but some have rapped it as a political move in itself.

It's a sign of the entrenched sensitivity of the politics of Sept. 11, even after a decade of commemorating the attacks that killed nearly 3,000 people. From the first anniversary in 2002, the date has been filled with questions about how — or even whether — to try to separate the Sept. 11 that is about personal loss from the 9-11 that reverberates through public life.

The answers are complicated for Debra Burlingame, whose brother Charles was the pilot of the hijacked plane that crashed into the Pentagon. She feels politicians' involvement can lend gravity to the remembrances, but she empathizes with the reasons for silencing officeholders this year.

"It is the one day, out of 365 days a year, where, when we invoke the term '9-11,' we mean the people who died and the events that happened," said Burlingame, who's on the board of the organization that announced the change in plans this year.

"So I think the idea that it's even controversial that politicians wouldn't be speaking is really rather remarkable."

But in July, the National Sept. 11 Memorial and Museum announced that this year's version would include only relatives of victims.

The point, memorial President Joe Daniels said, was "honouring the victims and their families in a way free of politics" in an election year. THE ASSOCIATED PRESS

The National Sept. 11 Memorial. THE ASSOCIATED PRESS FILE

Labour unrest spreading among South Africa's miners

Miners march to Lonmin Platinum Mine near Rustenburg, South Africa, Monday, in an attempt to stop operations. Labour unrest spread in South Africa as a wildcat strike by 15,000 workers stopped operations at a gold mine. Meanwhile, very few workers reported for duty in the fourth week of a stoppage at the world's third-largest platinum mine. Lonmin PLC platinum mine said just six per cent of its 28,000 workers turned up Monday morning. THEMBA HADEBE/THE ASSOCIATED PRESS

Election in South Africa. Zuma defends his record while protests get violent

South African President Jacob Zuma said his government provides public services better than any other African country, defending his record Monday against mounting and often-violent protests as he gears up for a re-election bid.

But there is growing rage over failures to address poverty, massive unemployment and other problems.

Some of the anger is directed at Zuma as he campaigns to be re-elected as leader of the African National Congress in December. THE ASSOCIATED PRESS

South African President Jacob Zuma seeks re-election. GETTY IMAGES FILE

Prison handover

U.S., Afghanistan at odds over fate of terror suspects

President Hamid Karzai welcomed Monday's handover of the main American-run prison to Afghan forces as a victory for Afghan sovereignty, though he and U.S. officials remain locked in a dispute over the fate of hundreds of suspects.

The United States is withholding the transfer of scores of inmates, reportedly out of concern that Afghan authorities may simply let some dangerous detainees go. THE ASSOCIATED PRESS

Guantanamo Bay. Inmate dies while in disciplinary section after altercation

A prisoner has died at the U.S. Navy base in Guantanamo Bay, Cuba, the U.S. military said Monday, two days after the man was apparently found unconscious in his cell.

The prisoner, whose name and nationality were not released, was found by guards on Saturday and taken to a hospital, where he was declared dead "after extensive lifesaving measures had been performed," the U.S. military's Southern Command said.

He was the ninth prisoner to die at the facility since it was opened in January 2002. The military has said two of those deaths were by natural causes and six were declared suicides.

The death occurred in Camp 5, a section of the prison used mostly to hold prisoners who have broken detention centre rules, said a spokesman for the prison.

This prisoner had recently splashed a guard with what military officials call a "cocktail," typically a mixture of food and bodily fluids, which is why he was on disciplinary status, the statement said. THE ASSOCIATED PRESS

Nuclear fears

Hiroshima group protests in Israel

A group of survivors from the Hiroshima atomic bomb in 1945 attack have held a protest in Jerusalem calling for the end of nuclear weapons.

The group visited Jerusalem's holy sites on Monday and held signs reading "Nuclear Abolition" in Japanese.

The visit comes amid growing tensions between Israel and Iran over the Islamic republic's nuclear program. Israel and much of the West believe Iran is seeking nuclear weapons, a charge that Tehran denies. THE ASSOCIATED PRESS

Violence erupts

Palestinians fed up with leaders

Palestinian demonstrators fed up with high prices and unpaid salaries shuttered shops and halted traffic with burning tires and clashed with riot police in demonstrations across the West Bank on Monday — the largest show of popular discontent with the Palestinian Authority in its 18-year existence.

The violence showed that the unrest, initially supported by Palestinian leaders in hopes of drawing international attention to the struggling economy, risks backfiring and morphing into a broader movement against the government.

The most heated clashes occurred in Hebron, where hundreds of protesters smashed the windows of a municipality building with rocks. Later, protesters tried to attack the police station, prompting a pitched rock-hurling battle between police and demonstrators. THE ASSOCIATED PRESS

China angered

Japan to buy disputed islands

Japan's government said Monday it has decided to purchase several disputed islands, prompting China to angrily warn of "serious consequences" if it proceeds with the plan.

Chief Cabinet Secretary Osamu Fujimura said Japan will buy the three uninhabited islands in the East China Sea from a private Japanese family it recognizes as the owner. China and Taiwan also claim the islands, which are part of what Japan calls the Senkakus and China the Diaoyu group and may have oil reserves nearby. THE ASSOCIATED PRESS

Dungeon. Abduction target reacts in court to imprisonment plot

The intended prisoner of a confinement room built in an abandoned Pickering, Ont., farmhouse said she is now living in fear and haunted by images of the makeshift dungeon designed with her in mind.

"I am still in shock," a weeping Gwen Armstrong said in a courtroom Monday.

Armstrong was among three women who read victim-impact statements at the sentencing hearing for Robert Edwin White, the 44-year-old man who built a confinement room in the basement of a Toronto-area farmhouse.

Last Wednesday, White pleaded guilty to a charge of breaking and entering with the intent of committing an indictable offence. An attempted-kidnapping charge was withdrawn.

According to an agreed statement of facts, White built the dungeon in order to confine Armstrong, who took in his ex-wife, Patricia Gallagher, after the couple's separation.

In her statement, Armstrong said she only learned last week that the meticulously planned dungeon, with its steel chains and multiple locks, was intended for her all along.

"Like everyone else, I had seen the photos splashed across the newspapers and Internet (but) I didn't fully learn of their significance to me until last Wednesday," she said.

"Since then, those same photos have been running through my mind constantly," she continued. "They fill me with such horror that I feel physically ill."

TORSTAR NEWS SERVICE

Confinement room

The dungeon was discovered in late November by contractors who noticed recent construction in a farmhouse.

- The police discovered a dungeon in the basement with heavy doors and multiple locks, designed to trap someone inside.
- Steel-link chains hung from the ceiling and the heavily reinforced room was bolted from the outside with tire-irons.

Shooting victim honoured with civic funeral

Quebec premier-elect Pauline Marois, left, helps Ginette Jean, mother of Denis Blanchette, during a funeral service on Monday in Montreal. Blanchette died last week when a gunman opened fire at the Parti Québécois election-victory party. He was given a rare civic funeral, which is usually reserved for public figures, as well as police officers slain in the line of duty. Richard Henry Bain faces 16 charges, including first-degree murder, in the shooting. GRAHAM HUGHES/THE CANADIAN PRESS

Long-gun registry

PM's words cited in court rebuke

A court delivered a stinging rebuke to the federal government over its plan to scrap the long-gun registry even if a province wants to keep it, with Monday's verdict even singling out Prime Minister Stephen Harper.

The Quebec Superior Court accused the federal government of violating principles of Canadian federalism, and its 42-page verdict cited the prime minister's words as evidence.

THE CANADIAN PRESS

Online company

Don't buy HIV home testing kits: Health Canada

Health Canada is warning consumers about a web-based company that is trying to sell home testing kits for HIV and a number of other sexually transmitted infections.

The department says there are no HIV test kits licensed for home use in this country.

THE ASSOCIATED PRESS

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Economic outlook

U.S. boost could lift economy

Canada's struggling economy will likely get an indirect nudge from stimulus measures being adopted in major world economies, economists say. With the U.S. Federal Reserve looking like it's preparing to follow its European counterpart's lead by introducing measures on Thursday, and China likely to join in later this fall, stimulus is still the name of the game three years into the recovery. THE CANADIAN PRESS

Market Minute

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102.30¢ US (+0.07¢)

TSX
12,215.43 (-52.58)

OIL
$96.54 US (+$0.12¢)

GOLD
$1,731.80 US (-$8.70)

Natural gas: $2.81 US (+13¢)
Dow Jones: 13,254.29 (-52.35)

Diners in Finland feast at 'pop-down' restaurant in mine

New spin on pop-up dining. Underground restaurant fully booked until experiment ends later this month

Customers have dinner at the Muru "pop-down" restaurant at Tytyri mine in Lohja, Finland, on Monday. ANTTI AIMO-KOIVISTO/THE ASSOCIATED PRESS

An award-winning chef is opening a new restaurant in Finland that turns the idea of "pop-up" eateries upside-down: It's located 80 metres underground.

Discerning food lovers are being served salted salmon, veal tenderloin, snails cooked in Pernod and apple crumble in the "pop-down" restaurant in a limestone mine in the small, southern town of Lohja.

A four-course evening meal costs 128 euros ($160 US), including drinks and transportation down to the mine and back up.

In major cities around the world "pop-up" restaurants — temporary eateries often located in underused kitchens — are allowing young chefs with experience to experiment without risk of bankruptcy.

But Finnish chef Timo Linnamaki said the idea of preparing food down a mine was all part of being close to the earth.

"'Pop-down' is such a unique idea that I just had to do it," Linnamaki said. "It's great working down here because you are totally cut off from the world, so nothing distracts from the cooking."

The 115-year-old mine goes down to a depth of 380 metres where limestone is still mined, mainly for the chemical industry. THE ASSOCIATED PRESS

On demand. BCE to take on Netflix

BCE will launch a "made-in-Canada" competitor to Netflix, available in English and French, CEO George Cope said Monday as part of his pitch to broadcast regulators considering the company's $3.4-billion takeover of Astral Media.

The service would be available on demand and on any device, and showcase Canadian and international movies from Astral's pay TV services, such as HBO Canada and The Movie Network, as well as news, sports and entertainment content from Bell Media.

Cope said more than 10 per cent of Canadians subscribe to Netflix, but the service doesn't pay taxes in Canada and doesn't contribute to Canadian content. THE CANADIAN PRESS

Quoted

"The Canadian system needs companies with the scale to compete against foreign content companies like Netflix, Apple, Google and Amazon."

BCE CEO George Cope

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LIKE MOTHER, LIKE DAUGHTER WHETHER YOU LIKE IT OR NOT

SHE SAYS...
Jessica Napier
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I inherited a number of things from my mother: blue eyes, receding gums, easily tanned skin and an appetite for early-morning cocktails. But while many of my genetic legacies are unavoidable, I've begun to notice that I'm instinctively — although perhaps not knowingly — adopting more and more of her mannerisms. As I get older, I'm starting to look and act like a 2.0 version of my mother.

Earlier this year, Hallmark Cards UK conducted a survey that found women believe they truly turn into their mothers at age 32. And sure, a study performed by a greeting-card company might not be the most scientific poll of all time, but it seems pretty reasonable that the transition would happen around this age. For many women, our early thirties are a prime time for child bearing, rearing and realizing that maybe we should start using night cream.

Similar shopping standards

We're no Lorelai and Rory Gilmore, but our tastes and habits are increasingly aligning. We drink the same wine, use the same shampoo, and, last month, we unknowingly went shopping on the same day and purchased identical suitcases for a family trip.

I've still got a few years until I hit that magical number. At that time, or more likely when I have children of my own, I assume that the metamorphosis from my former self to mom will accelerate to a Kafkaesque top speed.

Unlike some people, I'm not one to make sweeping declarations about "NEVER turning into my mother." My mother has always been someone I have admired, so turning into her would hardly be a bad thing. However, I didn't quite realize how involuntary the transition would be.

We're no Lorelai and Rory Gilmore, but our tastes and habits are increasingly aligning. We drink the same wine, use the same shampoo, and, last month, we unknowingly went shopping on the same day and purchased identical suitcases for a family trip.

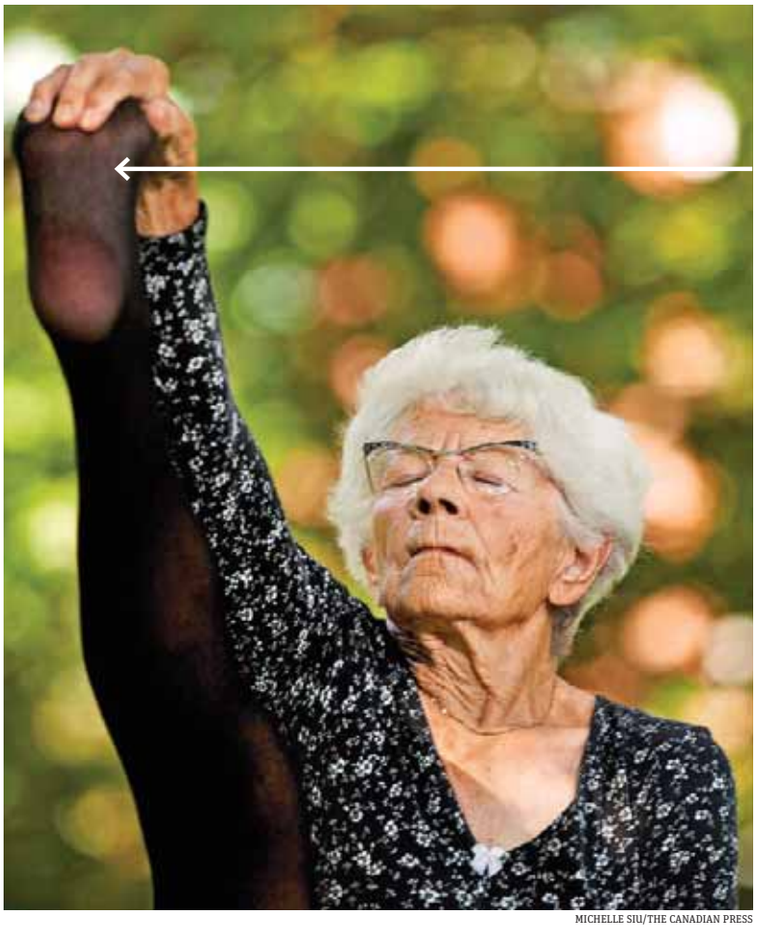
I hear her voice inside my head every time I philosophize about the importance of dressing in layers or when I tell my boyfriend to actually look in the fridge before asking me if we have any milk left.

I see it not only in myself but in my friends as well. Kelly is turning into Kathy, and Jen is turning into Janet, and other Jen is turning into Jo Ann (yes, these are real alliteration-loving mother-daughter combos). Of course, none of us are carbon copies of our mothers; we're more like funhouse-mirror reflections.

My mother and I will always have our differences — she will always know more about stain removal than I care to learn, and I will always have to help fix her Facebook privacy settings — but slowly we are meeting in the middle.

Sharon Osbourne and her daughter, Kelly, arrive at an Elton John AIDS Foundation Oscar party held at Pacific Design Center in West Hollywood, Calif., in this file photo. FREDERICK M. BROWN/GETTY IMAGES

Om, that's a really old teacher



MICHELLE SIU/THE CANADIAN PRESS

Instructing yoga at 96

Canadian woman holds Guinness World Record

Ida Herbert, the 96-year-old yoga instructor who has been named the world's oldest living yoga teacher by Guinness World Records, poses for a photo in Toronto. She has been practising the ancient discipline since the late 1940s — well before it was a trend in Western society. THE CANADIAN PRESS

Practises every day

"I wouldn't be without it. If I do my sun salutations, and I do two or three of those in the morning, I feel so much better. I go into the kitchen and get my breakfast and I don't give a hoot." Ida Herbert

Early-hour yogi

Yoga credited for her good health

Herbert attributes her good health and generally happy attitude largely to her years of practising yoga.

She rises at 5:30 a.m. to perform her poses and says her day isn't quite the same if she forgoes her routine.

Herbert got started practising yoga when she was at a health club in Toronto. One of the women who worked there taught her the poses — and she was hooked. THE CANADIAN PRESS

Teaching others the way

- Herbert helps other women find peacefulness. She retired last year from teaching at the YMCA in Orillia, Ont., after 25 years.
- She now teaches in the Bayshore Village area, near Orillia, with classes that range from five or six up to about 17 people per class.
- Her students tend to be women ranging in age from their 50s up to their 80s.

Why she stuck with it

"It's made me physically very flexible, and, inside, it's made me look at circumstances in a peaceful way.... Things won't make me quite so angry as they used to."
Ida Herbert

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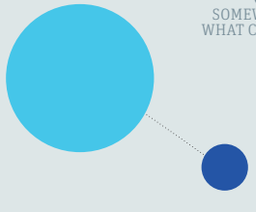

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.@mayorgregor calls for carbon tax to go to BC municipalities to fund transit + GHG-reducing projects http://bit.ly/carbonletter #bcpoli #vanpoli

@pivotlegal:
It's official, the #IIO is up and running. But let's not forget we still need independent investigation for ALL police incidents. #VPD #DTES

@ashleighmcivor:
Just finished strength testing in Whistler. Fresh snow on @Whistler-Blckcmb and things are looking promising!

@BillTieleman:
MT @tederifico: @BillTieleman Rocky Mountaineer lockout settled. Wage rollback and other concessions or can take payout. #bcpoli #vanpoli

@Southsiders:
Nice to see @AtibaHarris9 getting a goal today in the #Whitecaps Reserves game.

metro

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SCENE 2

What makes a family?

The New Normal. Silly sitcom tackles some touchy topics — here Metro chats with its creator about some of the controversy

AMBER RAY
Metro World News in New York

The New Normal is a goofy, sweet sitcom that questions what "family" means today. The show, which deals with surrogate mothers, gay parents and a big-mouthed grandma who rivals Archie Bunker, has been met with some opposition south of the border. The conservative group One Million Moms announced a boycott of the show and a ban from a Utah TV station. Here, creator Ryan Murphy addresses some of what has ruffled a few feathers.

The plot

Single mom Goldie (Georgia King) moves to L.A. with her eight-year-old daughter (Bebe Wood) for a better life. There, Goldie becomes the surrogate for gay couple Bryan (Andrew Rannells) and David (Justin Bartha). Ellen Barkin stars as Goldie's outspoken, prejudiced grandmother, Jane, and NeNe Leakes plays Bryan's assistant, Rocky.

- **Air times.** The pilot episode of The New Normal aired last night on CTV. Another episode of the show airs tonight.

Cast a (gasp!) Real Housewife in a scripted role

Murphy, a huge fan of the Real Housewives franchise, first cast NeNe Leakes on one of his other shows, Glee.

"We were in the writers' room of Glee, and we were writing a nemesis for Jane Lynch, and I said, 'You know what we need? We need somebody like this.' And I had seen NeNe on Housewives, and I had also seen her take down Star Jones on Celebrity Apprentice. So we had watched that scene, and I said, 'Wow. I don't even know if NeNe wants to act, but we should talk to her and offer her this part,' which was Roz, that she did so well."

Murphy approached Leakes for the role of Rocky because "she's just hilarious," he adds.

Feature a close-minded, no-filter grandma

Nana Jane is a throwback to Archie Bunker — she says shocking, politically incorrect things and isn't bothered if she offends someone. "(The New Normal) in many ways is about tolerance, and I think it's about a discussion of tolerance," Murphy says.

"When I was growing up, one of the most memorable times that I would have with my parents was watching All in the Family and being young and hearing people talk that way and then having a discussion: 'Was that good? Was that bad? What was that?'"

Call 'unconventional' families 'normal'

There is no traditional nuclear family in The New Normal, and Murphy credits shows like Modern Family and Will & Grace, which both featured gay characters in committed relationships, for paving the way for his show to reach the air. "So many people watched those shows and are educated. Those shows changed views," he says. And while The New Normal is loosely based on Murphy's own life — "the show came about because my partner and I have been having conversations about surrogacy," he says — the sitcom also delves into every character reexamining his or her life and asking, "What's next?"

The controversy metre

- 'Challenge' the idea of conventional family
- No-filter grandma
- Real Housewife actress

On the web

George Michael makes pop history at Paris Opera concert.

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DVD reviews

What to Expect When You're Expecting

Director. Kirk Jones

Stars. Cameron Diaz, Matthew Morrison, J. Todd Smith

●●●○○

What to Expect When You're Expecting, based on the self-help book of the same name, gives us a look at five couples who aren't too sure what to make of the fact that they're in the family way. Director Kirk Jones (Nanny McPhee) loads his film with star power, with moms-to-be played by Anna Kendrick, Cameron Diaz, Elizabeth Banks, Brooklyn Decker and Jennifer Lopez. Their characters range in ages, incomes, circumstances and commitment to the whole blessed event. Chris Rock and Tom Lennon provide comic relief as the most wisecracking members of a "dudes group" of stroller-pushing dads. They help keep things from getting too saccharine. None of these couples are sure about what to expect, allowing the script by Shauna Cross and Heather Hatch to deliver a few surprises along with laughter and tears.

PETER HOWELL

September is filled with zombie kills, catwalk thrills

Milla Jovovich.
Resident Evil star gets ready for the world's fashion weeks

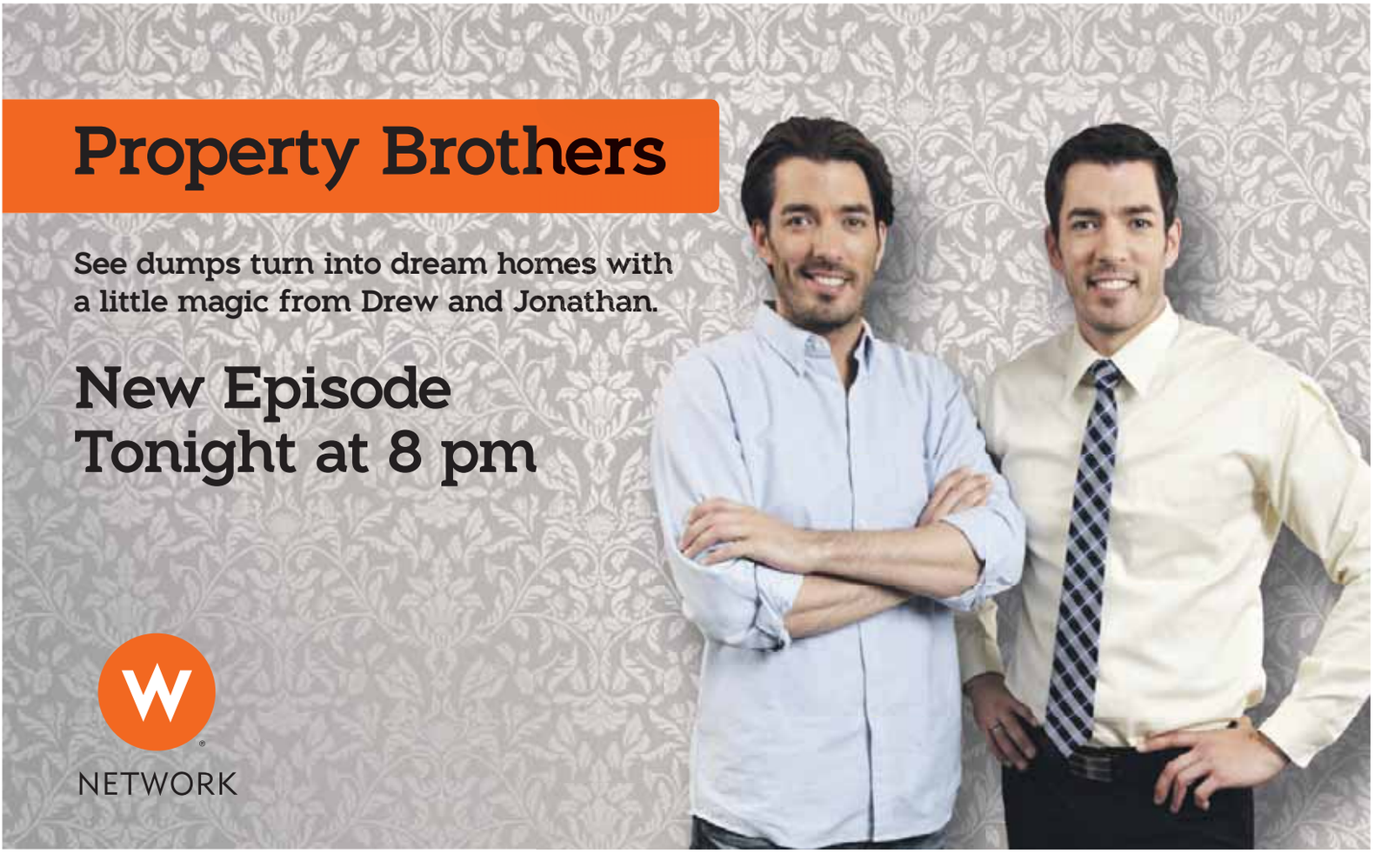
NED EHRBAR
Metro World News in Hollywood

Milla Jovovich is a fixture at many of the fashion weeks. GETTY IMAGES

She may have a film, Resident Evil: Retribution, coming out this Friday, but Milla Jovovich has a little more than press junkets and promotional tours on her mind. September also marks the start of the Fashion Weeks season in various cities — New York, Milan, Paris, Toronto — and the star has been a front row fixture at many in the past

Anything in particular you're looking forward to at the various Fashion Weeks?
I am super-looking forward to going to Paris to see Hedi Slimane's new Yves Saint Laurent show. It's going to be super-exciting because I love Hedi and he's amazing. I mean, to think that he's designing for Yves Saint Laurent is pretty exciting. It's his first show, so I'm excited to see that.

And you'll be right in the front row?
Listen, I'd be in the standing row, I don't care. I've been in the standing row before. You know, I don't get caught up in front row stuff unless it's, like, important for the designer. But if I want to go see a show and relate or whatever, I'll just go and stand. I don't care. It's not like people are going to be like, "Oh! Milla wasn't allowed in the front row. I guess she's not hot." It's all good, I'm confident. I'm 36 and I'm still relevant, so I can stand. I'm not that insecure (laughs).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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

A sneaky wedding for Reynolds and Lively

THE WORD
Monica Weymouth
scene@metronews.ca

Usually, people as famous as Ryan Reynolds and Blake Lively can't go grocery shopping without us snooping around their carts. But somehow, the impossibly pretty couple planned and executed an entire wedding over the weekend without us so much as getting a whiff of cake. (Our guess: They killed off the rare caterer who wasn't hypnotized by their sparkling eyes.)

On Sunday, Reynolds, 35, and Lively, 25, tied the knot just outside of Charleston, S.C. A number of details have finally trickled in — the Reynolds trance doesn't last forever — and it seems they had the kind of understated wedding that really works best when you're overly wealthy: A simple white gown (by Chanel), an outdoor reception (at an antebellum plantation) and music by close friends (Bette Midler and Florence Welsh of Florence + The Machine).

It's the second time down the aisle for Reynolds — who divorced Scarlett Johansson in 2010 after two years of marriage — and the first for Lively, who, not to be outdone, briefly dated Leonardo DiCaprio last fall.

Now, we're usually a pretty cynical bunch over here, but we think these two have a real chance. Until those Beckham kids grow up, it's impossible they'll find someone with more perfect bone structure.

Liberty Ross

Liberty walks it off

Liberty Ross, who has been estranged from husband Rupert Sanders since news of his affair with Kristen Stewart came to light, made her first public appearance over the weekend by walking the catwalk at Alexander Wang's New York Fashion Week show. And it was no easy feat for the model and mother of two. "I was totally terrified," Ross tells the Cut. "I hadn't actually been out of my house for seven weeks so I was really anxious. But it felt amazing."

'We're going to be fine': Stewart on soured relationship

Kristen Stewart

Kristen Stewart will be side-by-side with estranged boyfriend Robert Pattinson to promote the final Twilight film soon, and she swears she isn't stressing out about it. "We're going to be fine. We're going to be totally fine," she tells the Associated Press. We certainly hope they will be, as the studio behind the film is reportedly planning to break records for the largest Hollywood premiere in history for the film's November release.

Twitter

@kirstiealley
Oh my God!!! All my old drafts just unloaded..so sorry..and some I never wrote..have I been hacked?!

@andersoncooper
When I reach 3M Twitter followers, my talk show will give a trip to NYC to one of my followers.

@ladygaga
#IfObamaDontWin i say we try to build a new planet and all go live there

@SethMacFarlane
A good rule of thumb is to never be in Liam Neeson's movie family.

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Are you punk? Hippie? Goth? How your hair will define you

Beauty. Punk=rebel, dreads=hippie, tight bun=uptight. Does our hair define who we are? Experts discuss with Metro

ROMINA MCGUINNESS
romina.mcguinness@metro.lu

When former Disney star Miley Cyrus chopped off her locks last month in favour of a shorter, grungier 'do, she tweeted: "I've never felt more 'me' in my whole life." This led us to wonder, can our hair shape who we are? Here are five ways in which it can.

It adds to your aura. Just ask a guy.

"Many of us believe our figure is the physical feature that defines us. In reality, anything from the neck up is what people see first and remember most," explains beauty psychologist Vivian Diller. "We have a reaction to someone within the first seven seconds of meeting them. As our mind processes what we see, that person's hair becomes a non-verbal expression of health."

Good-bad hair days influence your day-to-day mood swings

"Your body shape can take years to change. Your facial structure is more or less as it is and although you can play around with cosmetics to highlight different things, there's not a whole lot you can do. Hair on the other hand, is one of the few things that's easy to change," Art Markman, professor of psychology at the University of Texas, tells Metro. "You exert this tremendous amount of control over it and in a very short period of time, you can completely change your look."

The changeable nature of hair and its versatility explains how it can influence our mood, he adds.

"Every morning you wake up, look in the mirror and face yourself. At this moment, you have this instant sense of what kind of day you're having, just on the basis of your hair. If you feel like your hair is one big lump and that you'd love to be able to shave it off and burn it, you end up feeling like this tangled mass of hair."

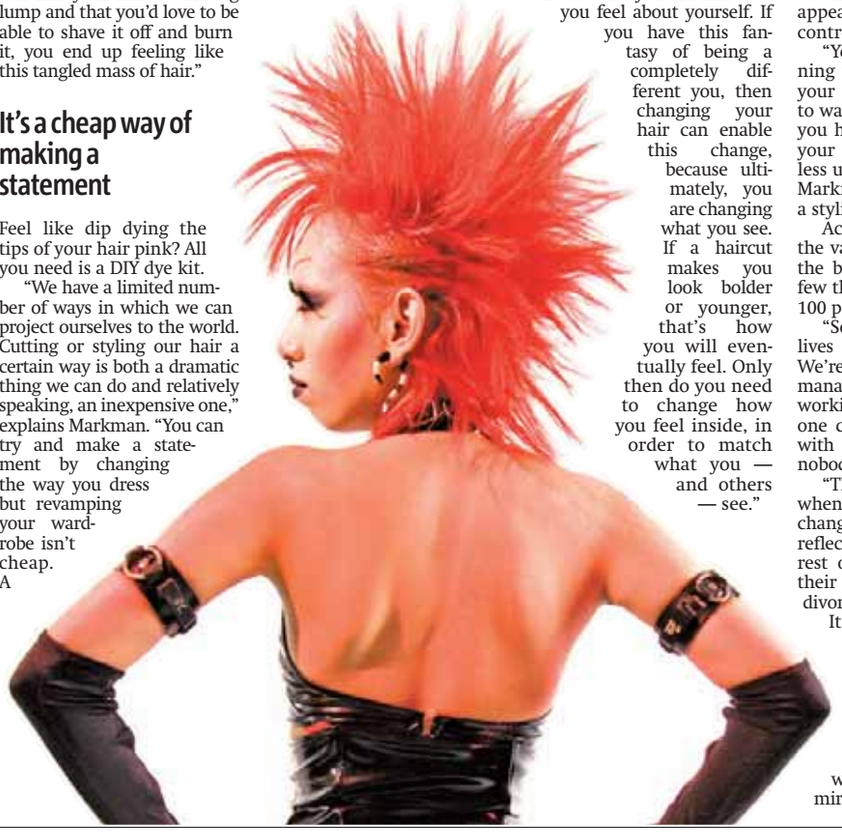
It's a cheap way of making a statement

Feel like dip dying the tips of your hair pink? All you need is a DIY dye kit.

"We have a limited number of ways in which we can project ourselves to the world. Cutting or styling our hair a certain way is both a dramatic thing we can do and relatively speaking, an inexpensive one," explains Markman. "You can try and make a statement by changing the way you dress but revamping your wardrobe isn't cheap. A high-end haircut is always going to be cheaper than redoing your wardrobe," he points out.

It's an enabler of change (you can believe in)

Your hair can influence how people perceive you, but it can also change your perception of yourself. Diller calls this the feedback loop.



Quote

"People generally take 'all' of you in, what wear, your smile, whether your eyes are bright and shiny. But they're also unconsciously clocking your hair and that can influence the way they treat you."

Art Markman
Psychologist

"Change doesn't have to come from the inside. When you look in the mirror, what it is you see feeds back information about who you are and how you feel about yourself. If you have this fantasy of being a completely different you, then changing your hair can enable this change, because ultimately, you are changing what you see. If a haircut makes you look bolder or younger, that's how you will eventually feel. Only then do you need to change how you feel inside, in order to match what you — and others — see."

It allows you to exert control over your life

So many aspects of your appearance are out of your control.

"You wake up in the morning with a huge pimple on your face. You didn't choose to wake up to spotty skin but you have to deal with it. But your hair — that's more or less under your control," says Markman. "You can walk into a stylist and say, 'cut it.'"

According to Markman, the value of our hair rests on the basis that we all need a few things in our life that are 100 per cent ours.

"So many things in our lives are out of our control. We're constantly trying to manage all the forces that are working against us. But no one can tell you what to do with your hair. It belongs to nobody but you.

"This explains why times when people make significant changes in their hair often reflect a situation where the rest of their life felt out of their control, such as a messy divorce or a shift in career. It can also be that after a long period of time where they have let themselves go, they are once again seizing control."

Remember: you can always change what it is you see in the mirror.

LIFE 3

On the Web

Taking a 'drug holiday' can cut side effects for some prostate cancer patients

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Pineapples and coconut sauce: Tropical take on scallop stir-fry

ROSE REISMAN
for more, visit
rosereisman.com

I prefer buying large scallops for a stir-fry. The key is to not overcook them, or they become dry and chewy.

Make sure to buy light coconut milk, which is much healthier for you than regular coconut milk. Serve over rice or noodles.

1. Make the coconut hoisin sauce by whisking together the coconut milk, hoisin sauce, oyster sauce, peanut butter, cornstarch, garlic, ginger, chili sauce and brown sugar in a small bowl until smooth. Set aside.

2. Lightly coat a nonstick grill pan (or wok) with cooking spray and set over medium-high heat. Add the scallops and sauté until the flesh is opaque and center is slightly translucent, about 3 minutes. Remove from the pan and set aside.

This stir-fry serves four. RYAN SZULC, ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

3. Steam or boil the broccoli for 2 minutes just until tender. Drain well. Respray the pan (or wok) and reduce the heat to medium. Add the broccoli and the red bell pepper and stir-fry for 2 minutes.

Ingredients

Sauce
- 1/2 cup light coconut milk
- 1/4 cup hoisin sauce
- 2 tbsp oyster sauce
- 1 tbsp natural peanut butter
- 1 tsp cornstarch
- 1 1/2 tsp chopped garlic
- 1 tsp finely chopped ginger
- 1 tsp hot chili sauce
- 1 tbsp brown sugar

Stir-fry
- 12 oz large scallops
- 1 1/2 cups chopped broccoli (including stems)
- 2 cups sliced red bell pepper
- 1/2 cup diced pineapple
- 1/4 cup chopped cilantro
- 3 tbsp chopped green onions

4. Add the sauce and scallops and stir-fry for another 2 minutes or until the sauce thickens and all the ingredients are heated through. Transfer to a serving platter and sprinkle with pineapple, cilantro and green onions.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

What you don't know about yogurt can hurt you

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

These days, all you hear about is probiotics. Do you really need them? Do they really affect your health? What happens if you don't have them and what the heck are they anyway?

Probiotics feed the good bacteria in your gut. Good bacteria in your gut breaks down food, synthesizes vitamins, stimulates immunity and kills bad germs. In short, they are crucial.

We are born with a set amount of good bacteria (thank your mom) but poor lifestyle choices, antibiotics and other issues such as weight gain and environment can wreak havoc on these life-sustaining belly buddies. Poor gut flora has been linked to everything from C. difficile to the metabolic syndrome. Trust me, you care.

One of the best ways to build good bacteria is to eat yogurt. The shelves are full of boasting brands.

Here is your cheat sheet of what to look for:

- Gelatin free
- No colourings or flavourings
- Only real fruit added
- As low in sugar as palatable to you
- As fortified in probiotic as high as possible (more than one billion if possible)

The most important key is to choose a flavour that will keep you interested and eating. It doesn't matter how healthy a food is, it won't do you any good sitting in the fridge.

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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Educate your kids about money. Start young. Take time to show them that salmon costs more than a lemon. ISTOCK

ABC's of money can start as early as three

Never too early. Talk to your kids about money, add financial literacy to their learning and they will thank you later

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Summer is officially over and your children are heading back to day-care and school. Now is the perfect time to add financial literacy to their regular routine.

When North American adults were surveyed by CouponCabin.com in August, nearly 75 per cent of them wish they'd received more financial education when they were young. Instead, according to the BMO Retirement Institute's Approach to Retirement, many people learn about money through first-hand experiences (some good some bad) or upon the advice of friends and family members (some are qualified while others are not).

Good thing, nearly 80 per cent of parents these days are motivated to pass along smart money management skills to their children.

Don't worry if you're not financially savvy like Warren Buffett. Talking to your children about money is easy and, in fact, you can start as early as three years old.

Toddlers can learn money basics, like what it looks like and how it feels, by showing them coins and providing a small piggy bank to play with. This is also a great opportunity to teach your children a little bit about numbers; like how four is larger than two and what numbers look like when they're written out. Spend time counting coins with them and perhaps make a craft out of your penny collection.

Take your kids to the grocery store and explain what prices mean and the difference between an expensive item, like a piece of salmon, versus the cost of a lemon. Allow them to pick out their favourite foods and read the prices with them. Show your children how coupons are used and explain why saving money is good for families.

When Junior is a bit older, describe what you're doing when you go to the bank or ATM machine. If you pay with a credit card versus cash, explain the difference between the two methods of payment. As early as five years old, put your children on a small allowance. These allowances are critical tools parents can use to demonstrate how to budget and prioritize a child's money. When linked to chores and tasks, allowances convey the lesson of the value of a dollar. Through an allowance, children can begin to demonstrate their OWN ability to plan ahead, use a budget and be accountable for their spending. This is also a great time to open up a bank account.

Follow Lesley on Twitter @LesleyScorgie

Let's talk about sex, baby

Poll. We interviewed 2,500 of you about your most intimate secrets. Here's what you revealed (we won't judge).

How often do you have sex?
Look at the person next to you. Wink. Today may be your lucky day: 45 per cent said they get busy weekly, which beat daily (eight per cent) and monthly (12 per cent) for the top spot. Only one per cent have sex yearly, and 12 per cent didn't know or said "it depends," but second place actually went to: "It's been too long since the last time" (17 per cent). Sorry folks. May we introduce you to some virgins (six per cent)?

What's your kink of choice?
You really enjoy your public displays of affection: An overwhelming 42 per cent of survey responders admitted to having sex outdoors or in public. And, while your parents might have told you not to play with your food, now that you're an adult you enjoy playing with your food ... in bed (21 per cent).

Three's never a crowd: 13 per cent of you have dabbled in a ménage à trois. (Are 13 per cent of you lying?)

About 14 per cent have tried the dominant game while 10 per cent have played the submissive, and an especially sexually adventurous four per cent of you have tried on some S&M gear. Playing with candles (four per cent) didn't light your fire as much as playing with butt plugs (nine per cent). And, a select few of you (four per cent) have a few sexy secrets that weren't even mentioned.

Note to the 34 per cent of you who said you weren't kinky: Experiment. If butt plugs are too adventurous, maybe try food in bed — you probably eat there anyway.

What kind of erotica do you enjoy?
About a quarter (27 per cent of you) don't need outside materials to turn you on. But, when it comes to your sexual media, the majority of you head online. Forty-five per cent get excited from videos and web clips, with a small portion of responders preferring to watch sex acts live (four per cent).

Erotic fiction tickles the fancy for 15 per cent, while two per cent of you are hanging on the telephone. About seven per cent of you are lovers of the arts — pornographic photography art, that is.

Why is Fifty Shades of Grey such a big deal?
For the majority of you (10 per cent), you felt the most appealing part of reading the Fifty Shades series was the fact that reading about sex is empowering. However, a lot of you also believed the books had people hooked because it made submissive fantasies more mainstream (eight per cent).

Stat

22% want to see Batman and Catwoman get it on..

Five percent couldn't ignore that the books' popularity was probably due to the connection to Twilight, while six per cent felt the fantasy series' basis in reality was what made so many people read it.

Three per cent felt that the reason Fifty Shades was so popular was because it was available on ebook to readers, allowing them to peruse steamy scenes anywhere from the four walls of their bedroom to wide-open public transportation.

What fictional characters do you want to see getting hot and heavy?
Light up the Bat-signal: 22 per cent of you want to see Batman and Catwoman get busy. But Marvel heroes Iron Man and Black Widow aren't that far behind (11 per cent). You weren't so interested in seeing Spider-man finally land Gwen Stacy (five per cent).

For you Hunger Games fantasy fiction fans, Katniss and Peeta (three per cent) beat out Katniss and Gale (two per cent). Oddly, Katniss/Gale tied with the desire to see Frodo and Gollum getting it on.

Maybe "Doing the Hobbit" will be the next big sex trend of 2012.

METRO WORLD NEWS

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50 SHADES OF RELATIONSHIPS

THERE ARE MANY LESSONS TO BE LEARNED FOR POST-SECONDARY STUDENTS

ISTOCKPHOTO/THINKSTOCK

Living in a new city. The availability of alcohol. Managing life's responsibilities such as cooking and laundry solo.

Those are some of the expected challenges students are working with when starting college or university. But for almost all them, developing relationships and sexuality is another, possibly tougher, lesson to learn about in their post-secondary years.

"The overarching challenge is navigating all kinds of new relationships, which are formed quickly and in an entirely new environment," says Robin R. Milhausen, associate professor with the University of Guelph's Department of Family Relations and Applied Nutrition.

"So negotiating: What does dating look like? What do relationships look like? It's figuring it all out in an entirely new setting."

SEXUAL BOUNDARIES

And in a year where the erotic novel Fifty Shades of Grey is everywhere, boundary setting is clearly important in developing these new sexual relationships. "People have sex for countless reasons, including pleasure, popularity, coping, pleasing a partner, and the list goes on," says Alice Balter, a Toronto-based sexual health educator. "It's important to explore what our personal sexual boundaries and limits are, especially within the context of a new-found freedom such as living away from home for the first time. Exploring our sexuality warrants thoughtful navigation for students to stay within their personal boundaries and limits."

ADD IN ALCOHOL

And while universities and post-secondary institutions are working on eliminating or minimizing alcohol — particularly in frosh week events (Nova Scotia's Acadia University made headlines last week for banning alcohol in dorm rooms) — when it is available, alcohol also often ignites new sexual experiences. "Individuals should be wary that sexual relationships can develop really quickly under the influence of alcohol. And then there are the emotional concerns and heartbreak with that, but also legal issues regarding sexual encounters with someone under the influence of alcohol or drugs," notes Milhausen.

PLAY IT SAFE

So how can students navigate this exciting time in their lives from a sexual standpoint? Aside from practising safe sex by using protection, go with your instincts. "If something about a situation seems off to you, if something about a person or an invitation or request seems off, then trust your gut in deciding," suggests Milhausen.

Also — rest assured parents — Milhausen also notes that while many students let off steam early in the year, things do get better. "Most students tend to go a little wild at the outset — most of them also tend to right themselves before things go too far," she says. – *Astrid Van Den Broek*

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infovph.ca
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SAFE SEX IS THE BEST SEX

DON'T LET DISEASE RUIN ENJOYMENT

Unprotected sexual encounters can lead to sexually transmitted infections (STIs) such as:

CHLAMYDIA: A bacterially transmitted infection that shows virtually no symptoms. If symptoms develop, they can include discharge, burning while urinating, abdominal pain or pain during intercourse (or for men, testicle pain). A urine test can diagnose chlamydia.

GENITAL HERPES: Symptoms include sores around the genital area as well as painful lumps. Medication can help the symptoms, but there is no cure.

HUMAN PAPILLOMAVIRUS (HPV): Warning signs include warts that are flat or cauliflower-shaped. There are several variations of HPV and while some lead to warts, others can lead to cancer. Preventative vaccines such as Gardasil are available for women and men while Cervarix is an option for women only.

GET REGULAR TESTS

How can you prevent STIs? "Wear condoms," says Robin R. Milhausen, associate professor with the University of Guelph's Department of Family Relations and Applied Nutrition. Milhausen also notes regular testing is the second best prevention method. "And if you're sexually active, you should get tested for bacterial STIs every six to 12 months," she says. "Because if you happen to be infected, treatment can prevent long-term damage."

SYPHILIS: This bacterial infection is sexually transmitted and manifests itself in symptoms such as an open sore in the genitals or throat along with — possibly — swollen glands, muscle pain, rash and fever. Syphilis is treated with antibiotics including penicillin.

HIV/AIDS: Sexual contact (along with sharing of needles or for women, through pregnancy and breastfeeding) is how HIV is spread and attacks the body's immune system. From a sexual standpoint, latex or polyurethane condoms or a female condom are the best prevention methods. While there is no cure for HIV, antiretrovirals can be prescribed to help prolong the life of those with HIV/AIDS.

GONORRHOEA: This bacterial infection shows itself via burning while urinating, pain or swelling in the testicals and a yellow/white discharge in men. In women, it may not show at all, although if symptoms do develop they, too, include burning during urination and a yellow discharge. While antibiotics are available to treat this STI, there is an increase in Canada in the strains resistant to antibiotic treatment.

LYMPHOGRANULOMA VENEREUM (LGV): Another bacterial infection, this, too, develops symptoms such as a lump (which can be painless) and later flu-like symptoms such as fever, chills, fatigue and muscle aches. The lymph nodes in the area where infection began may also swell. Antibiotics are prescribed as treatment.

Want to find out more? Health Canada has fact sheets available at hc-sc.gc.ca and click on "health concerns."

– Astrid Van Den Broek

BANANASTOCK/THINKSTOCK

WE-VIBE: MAKING ORGASMIC WAVES

Gone are the days of dark, cave-like sex shops where customers secretly slink in and quickly back out into the shadows.

Personal pleasure, once considered predominantly a man's sport, has gained prestige, popularity and social acceptance among many women, who are also quick to share trade secrets among their girlfriends.

It may be this information exchange that has made the Canadian-made We-Vibe — a cleverly designed toy created for self-pleasure and couples' play — the No. 1 selling sex toy among playful pairs around the globe. It has a revolutionary shape, which simultaneously stimulates the G-Spot and clitoris, and a unique benefit that appeals to both genders (worn while making love).

The We-Vibe, launched in 2008, continues to stretch the limits of our bedroom romps, going beyond the commonplace phallic fare typically available.

The We-Vibe 3, the latest version of this environmentally-friendly find (it's rechargeable and body safe, made with medical-grade silicone and 100 per cent lead free), is touted as the most powerful couples vibrator. Added bonus(es) — it comes with a wireless remote control to switch between the six vibration modes (for all kinds of imaginative fun) and it's completely waterproof!

Also making orgasmic waves is the company's three super-powerful, yet highly compact offerings: The Touch (a hand-held personal massager); the lipstick-shaped Tango; and its latest offering for solo play, the Thrill by We-Vibe®, which is coming this fall to retail locations across Canada.

For full product info, visit we-vibe.com ... then go ahead and share the buzz with your pals.

– Tanya Enberg

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SPORTS 4

Murray finally gets his major moment at U.S. Open

Tennis. After blowing two-set lead, 25-year-old Scot rebounds to take title from Djokovic

His considerable lead, and a chance at history, slipping away, Andy Murray dug deep for stamina and mental strength, outlasting Novak Djokovic in a thrilling five-set, nearly five-hour U.S. Open final Monday.

It had been 76 years since a British man won a Grand Slam singles championship and, at least for Murray, it was well worth the wait.

Ending a nation's long drought, and snapping his own four-final skid in majors, Murray finally pulled through with everything at stake on a Grand Slam stage, shrugging off defending champion Djokovic's comeback bid to win 7-6 (10), 7-5, 2-6, 3-6, 6-2.

"Relief is probably the best word I would use to describe how I'm feeling just now," Murray said, adding: "You do think: Is it ever going to happen?"

Yes, Murray already had showed he could come up big by winning the gold medal in front of a home crowd at the London Olympics last month. But this was different. This was a Grand Slam tournament, the standard universally used to measure tennis greatness — and the 287th since Britain's Fred Perry won the 1936 U.S. Championships, as the event was known back then.

"He deserved to win this Grand Slam more than anybody," Djokovic said of Murray.

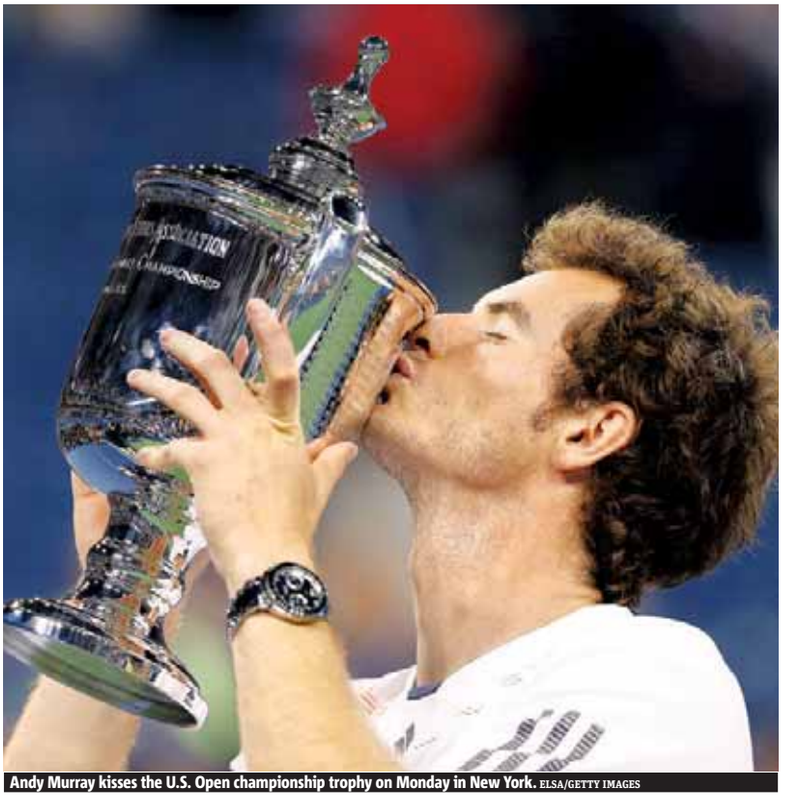
Murray versus Djokovic was a test of will as much as skill, lasting four hours 54 minutes, tying the record for longest U.S. Open final. The first-set tiebreaker's 22 points set a tournament mark. They repeatedly produced fantastic, tales-in-themselves points, lasting 10, 20, 30, even 55 strokes, counting the serve.

"Novak is so, so strong. He fights until the end in every single match," Murray said. "I don't know how I managed to come through in the end." THE ASSOCIATED PRESS

By the numbers

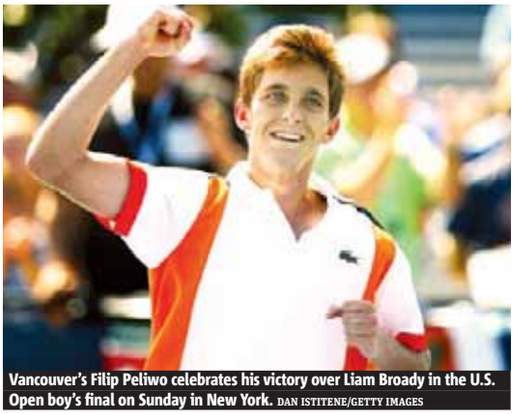
1949

No one had blown a two-set lead in the U.S. Open title match since 1949, and Andy Murray was able to avoid that distinction on Monday.



Andy Murray kisses the U.S. Open championship trophy on Monday in New York. ELSA/GETTY IMAGES

Van City's Peliwo feels good to be going pro



Vancouver's Filip Peliwo celebrates his victory over Liam Broady in the U.S. Open boy's final on Sunday in New York. DAN ISTITENE/GETTY IMAGES

Filip Peliwo is leaving junior tennis ranked first in the world, with two Grand Slam titles in his pocket, and now is ready to concentrate on making his name in the pros.

The 18-year-old Vancouver native has already played 12 lower-level pro tournaments and earned a total of $10,276 US, but the life of a professional begins for good at a $15,000 ITF Futures Tour event in Markham, Ont., beginning Sept. 17.

"I think I'm very ready to begin the transition in the Futures," Peliwo said Monday at the National Training Centre in Montreal.

"I know I can get to the top level if I keep working and stay healthy."

There is nothing left to prove at the junior level. This summer he became the first Canadian male to win a Grand Slam of any kind when he claimed the Wimbledon junior boys singles title.

Peliwo made it two on Sunday when he bested England's Liam Broady in a three-set final of the U.S. Open junior draw.

That guaranteed he will be the No. 1-ranked junior for the rest of 2012, leaving him free to pursue his pro career full time.

"It feels good actually, now that I don't have to worry about the juniors," said Peliwo, who also reached the final of the Australian and French Open junior draws. "There are not as much expectations as there is in junior.

"I'm still the underdog.... I can just play my game, learn as much as a I can and try to get a few wins. I'm looking forward to it." THE CANADIAN PRESS

By the numbers

1984

Peliwo became the first to reach the final of all four junior Grand Slams in one year since Australian Mark Kratzmann in 1984.

Mobile sports

"What a golden summer it has been for our country," British Prime Minister David Cameron said on Monday. Indeed, London held one final parade a day after the end of the Paralympics to celebrate a sporting summer for the ages.

NFL

Flacco leads Ravens to decisive win

Joe Flacco threw for 299 yards and two touchdowns, Ed Reed took an interception 34 yards for a score, and the Baltimore Ravens rolled to an impressive 44-13 victory over the Cincinnati Bengals Monday night to extend their home winning streak to 11 games. THE ASSOCIATED PRESS

Ravens running back Ray Rice scores a first-half touchdown on Monday night. GETTY IMAGES

CFL

Lions send defensive end Peguese to Ticats

The Hamilton Tiger-Cats continued to bolster their defensive line Monday, acquiring defensive end Brandon Peguese from the B.C. Lions for future considerations.

Last week, the Ticats obtained defensive lineman Torrey Davis from the Calgary Stampeders for future considerations.

The six-foot-one, 250-pound Peguese has four tackles, three special-teams tackles and a sack in seven games with B.C. He signed with the Lions as a free agent June 16 after spending time in the NFL with the Indianapolis Colts and Philadelphia Eagles. THE CANADIAN PRESS

MLB

"If I was going to go do it, I am going to pitch against a contender."

Roger Clemens on making a start for the Houston Astros this season. Owner Jim Crane said Monday there's a possibility the 50-year-old Clemens could pitch this season for the majors' worst team.

Horoscopes

♈ Aries
March 21 - April 20
Decide where you want to be a month or a year from now and then start doing the things that will make it happen. Careful planning is the key to long-term success, so put on your thinking cap.

♉ Taurus
April 21 - May 21
Anything is possible. There are no limits to what you can do. The Sun and Mercury in sympathetic Virgo means that your attitude is right, and if your attitude is right then everything else will fall into place.

♊ Gemini
May 22 - June 21
You will have to make a few tough decisions today and you will find you really enjoy calling the shots. But don't let the power go to your head because you are too nice to play the tough guy for long.

♋ Cancer
June 22 - July 23
Someone who thinks they can put one over on you is going to discover that you are too sharp to be fooled. Turn the tables and use them to get what it is you most desire. They won't try to trick you again.

♌ Leo
July 24 - Aug. 23
You know the difference between right and wrong, and you know that if you don't speak up, you will always regret it. Don't pull your punches just because your target is someone in a position of power.

♍ Virgo
Aug. 24 - Sept. 23
You are in one of your faultfinding moods and will most likely pick apart everything that other people do. Don't be surprised to find yourself short of friends by the end of the day.

♎ Libra
Sept. 24 - Oct. 23
Try not to put yourself under pressure today. Both at home and at work you should aim to relax and not take anything too seriously. And find a way to turn off the constant chatter inside your head.

♏ Scorpio
Oct. 24 - Nov. 22
No matter how much you might wish to spare someone's feelings, you must be honest with them. What you have to tell them might be a bit hurtful but better a bit of hurt now than a lot of hurt later.

♐ Sagittarius
Nov. 23 - Dec. 21
Don't be afraid to lay down the law, either at home or at work. Others will respond well to your leadership qualities and will do whatever you say. Just make sure what you say is what you believe.

♑ Capricorn
Dec. 22 - Jan. 20
Put your ego to one side today and recognize that you don't know it all. It would be foolish to ignore what other people tell you just because you find it hard to accept. You still have much to learn.

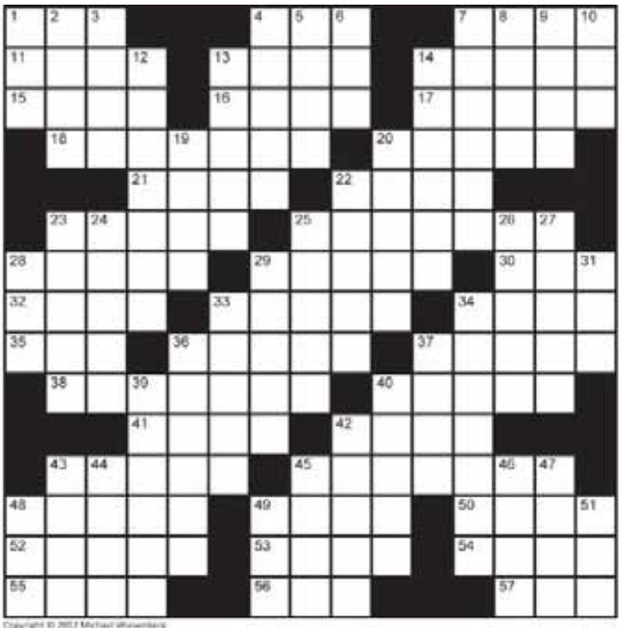
♒ Aquarius
Jan. 21 - Feb. 19
Think before you speak, speak before you act, and act only when you have to. Every time before you open your mouth today, ask yourself this question: Will my words hurt or will they heal?

♓ Pisces
Feb. 20 - March 20
Your life is perfect just as it is, so don't be tempted to change things for the sake of it. Both in your personal life and at work, the right opportunities will arrive at just the right time. Be ready for them.

SALLY BROMPTON

Crossword: Three Star Trek References

BY MICHAEL WIESENBERG



Across
1. Our country: abbr.
4. Simple bed
7. Become dim
11. Wide-eyed
13. Opposite of wild
14. Craze (from the Greek word for "madness")
15. Actual
16. Spoken
17. Before: Fr.
18. Montréal-born *Star Trek* star William
20. Feel about blindly
21. "I'm unable to do it"
22. Azerbaijan capital
23. Cathedral topper
25. Saskatchewan neighbor
28. Bird word
29. Acknowledged the playing of "O Canada"
30. Regret
32. Lion's bellow
33. Animal track
34. Beatnik residences
35. Rainbow shape
36. "___ behold!" (2 wds.)
37. North York, Ontario-born Mandel of *Deal or No Deal*
38. Football side that doesn't have the ball
40. Shed feathers
41. Anger
42. Boxing match
43. They become alumni and alumnae, familiarly
45. PM Wilfrid
48. ___ Jaw, Saskatchewan
49. Bronzes at the beach
50. Hammerer's target
52. Go into
53. Bride, after the vows
54. Thus
55. Crystal ball gazer
56. Dog's bark
57. Henpeck

Down
1. Windsor, Ontario product
2. Mellows, as wine
3. Biblical ark builder
4. ^ symbol
5. *Rubaiyat* poet Khayyam, actor Sharif, or *House* actor Epps
6. ___ Aviv, Israel
7. "Do me a ___ and let me have $100 till payday"
8. Take ___: sleep briefly (2 wds.)
9. Sup
10. Consume
12. BC's ___ National Park, in the Rockies near Revelstoke
13. 1,000 kg
14. Like cards in a crooked deck
19. Fruit pastry
20. Eva, Magda, or Zsa Zsa
22. *True* ___: HBO vampire series
23. King Arthur's Excalibur, for one
24. Lack of fighting
25. Make amends
26. Fish with a big net
27. Bad news for a taxpayer
28. ___ la la
29. "The Final Frontier"
31. 180° from WNW
33. ITunes downloads
34. Fries, cheese, and gravy dish
36. The Prime Minister, to Parliament and his country
37. Attorney's billing basis
39. Longest BC river
40. Cat's quarry
42. Alberta's third-largest but most-visited National Park
43. All used up
44. Memorization method
45. Animal abode
46. Deserve
47. Capital of Latvia
48. "___ amis": start of a French speech
49. Airline bought in 2001 by American
51. What a *Star Trek* captain keeps

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

8			4		5			6
	6		8		3		4	
		4				2		
		9	7		1	3		
7								4
		8	9		4	5		
		7				8		
	1		6		7		2	
5			3		9			1

Yesterday's Sudoku

Today
17°/9°
Mainly sunny
Wednesday
19°/12°
Sunny
Know what the weather will be 14 days from now.
Check the 14 day trend
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WHITE

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